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ABSTRACT

Educators may find activities for indoor and outdoor winter programs in the games of the traditional Eskimo. These games are dominated by few-step operations and low level structural organization. For the most part they are quickly organized, begun, terminated, and ready to be recommenced. All types of games can be found, including quiet ones, individual stunts, cooperative games, and small and large group activities. In "Seal Racing," participants lie on their stomachs and race forward on their hands with legs limp and body trailing. "Arsaarartuq" features pulling contests where two participants lock wrists or fingers or elbows and pull. In "Holman Island Musk Ox Fighting" two young boys go down on all fours, put their heads under the shoulder of the person opposite, and try to uproot the opponent much the same as musk ox do when locking horns. Other animal-influenced activities include "Holman Island Forehead to Forehead Pushing" and the "Dog Team Pull." In the dog team game, rope is tied around the waists of two opponents to serve as a harness. They face away from each other, drop down on hand and knees, and try to pull the opponent over a line drawn between them. Ball games include ice broomball, a number of football related activities, and a baseball-like game. This guide tells how to play some 40 games suitable for a winter environment. (DS)

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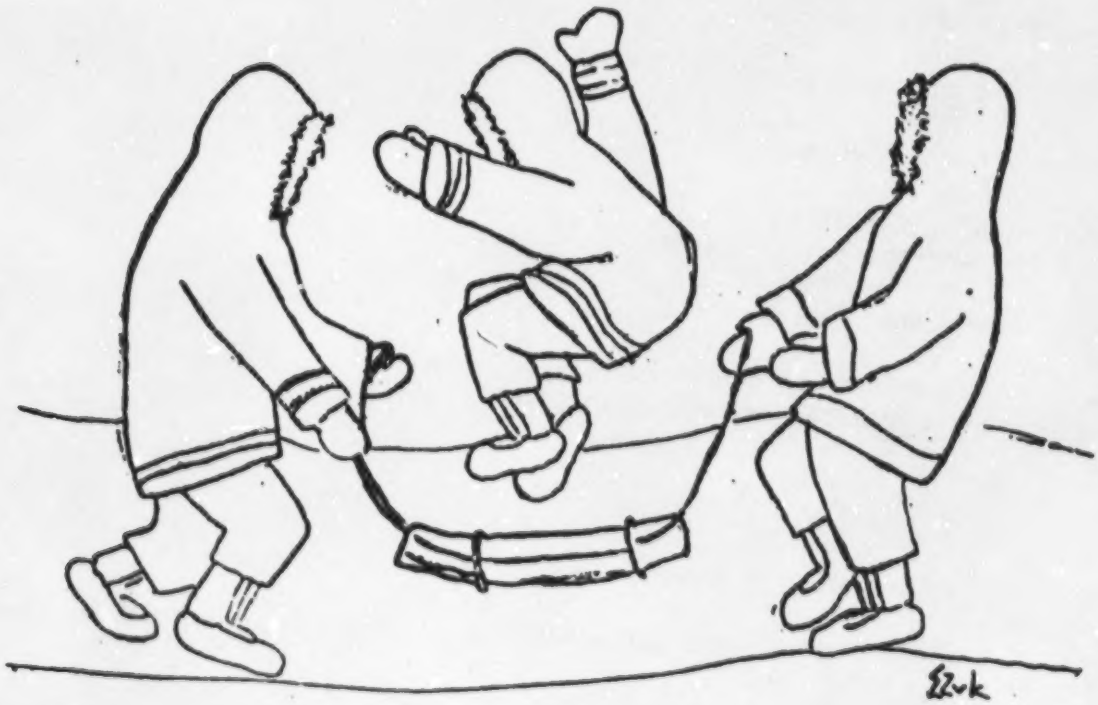
WINTER GAMES



ESKIMO GAMES

Compiled by L. TARBUTH

LAKEWOOD SCHOOL
1973

The games of the traditional Eskimo were found to be dominated by few-step operations and low level structural organization. With a few exceptions games were quickly organized, begun, and terminated. The outcome depended upon one or two actions on the part of the participants and upon termination, the activity could be readily re-commenced. Their activities reflect their life style, their temperament and the difficulties which are imposed upon them by their Arctic atmosphere.

TABLE OF CONTENTS

Quiet Activities	page 1
Individual Stunts	page 2
Co-operative Games	page 3
Small Group Activities	page 8
Large Group Activities	page 9
Supplementary Articles	page 12
Lead-up Games for Football	page 13
Ice Broomball Rules	

This booklet on Winter Games was designed to provide educators with a source of activities that can be included in their indoor and outdoor winter programmes.

L. TARBUTH

Source of information on Eskimo Games was obtained from:

Eskimo Games compiled by William M. Zuk, University of Manitoba

Games of the Traditional Canadian Eskimo by R. G. Glassford, University of Alberta

QUIET ACTIVITIES

1. Nalautchaktaun (tip-it)

A. - players face each other sitting
   - one conceals a stone in one hand
   - opponent claps hands once & holds out the hand corresponding to the one in which he believes holds the stone

B. - guessing game with 5 stones
   - 1 player puts some stones in a closed hand
   - opponent guesses how many

C. - players sit in a circle with "it" in middle
   - an object is passed around the circle under the legs of seated players
   - "it" attempts to spot object

2. Wise Wizard

   - look at 20 articles on table
   or
   - look at 20 pictures on poster

   Time - 1 minute for each person to observe - return to seat and write out what you can remember

3. Written Code

+1 +2 +3 +1 +2	+3 +1	+2 +3 +1 +2 +3	1 2 3
S H A L L	W E	S L E E P	OUT
T J D M N	2 F	V O F G S	PWW

   - 1 player gives his code*
   - others try and break code

4. Igluktak (juggling)

   - game begins with 2 stones in 1 hand & 1 in the other
   - object is to keep all three stones in the air as long as possible

5. Napatchuk (dart game)

   - player holds dart and attempts to hit a candle-like object (4" long. 1 1/2" wide)
   - vary positions for holding dart, i.e. palm, back of hand, knuckles closed, etc.

INDIVIDUAL STUNTS

- strength and endurance
- can be performed as contests

1. Nauklak (jumping for distance)

   - goal is to achieve greatest distance
   - run-up limited to 1, 2, or 3 strides
   - distance covered could be based on 1, 2, or 3 strides
   - objects may be placed in snow facing contestants to strive for greater distances or to reduce their effort

2. Peedletataq (knee jumping)

   - start from kneeling position with toes extended backward and hands on hips
   - players spring to feet then drop back to knees
   - contest continues in this cyclical manner until only one contestant able to continue (good players have been known to continue for 15 min.)

3. Ikuskikmiaq (elbow-ear walk)

   - start in a front support position with weight distributed between the toes and elbows
   - hands grasp the ears
   - contest is to see who can travel the farthest distance

4. Rasiktuat (foot races)

   - short and long distances

5. Paungakata (hand hop)

   - start in an extended body position supported on hands and toes
   - contest is to see how far players can travel

6. Seal Racing

   - performed on hands with legs limp and body trailing

UNA TAG TUG

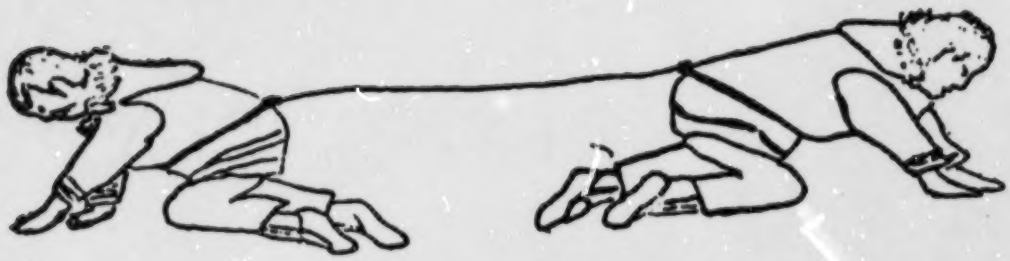
Eskimo wrestling. The object is to lift opponent off the ground.

AC SA RAQ

Thong game. Legs are kept straight while feet are placed against feet. Try to pull opponent up off the ground.

TU NU MIU

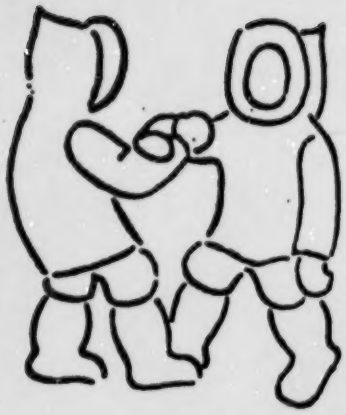
Back to back push opponent over a line using hands and feet.



HOLMAN ISLAND DOG TEAM PULL
Rope is used as harness and each one attempts to pull the other over a line drawn between them.

SEAL RACING
On hands with legs limp and body trailing.

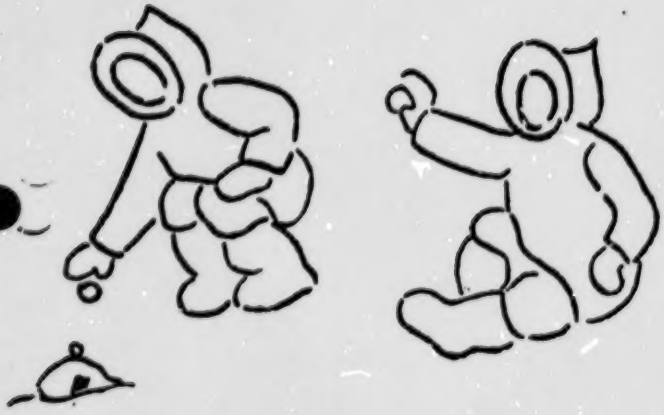
PEED LE TA TUQ
Move from kneel position to squat with a quick jump and then back to kneel again.



ARSAARARTUQ

A pulling contest involving different holds:-

1. Wrist lock and pull.
2. Finger lock and pull.
3. Elbow lock and pull.

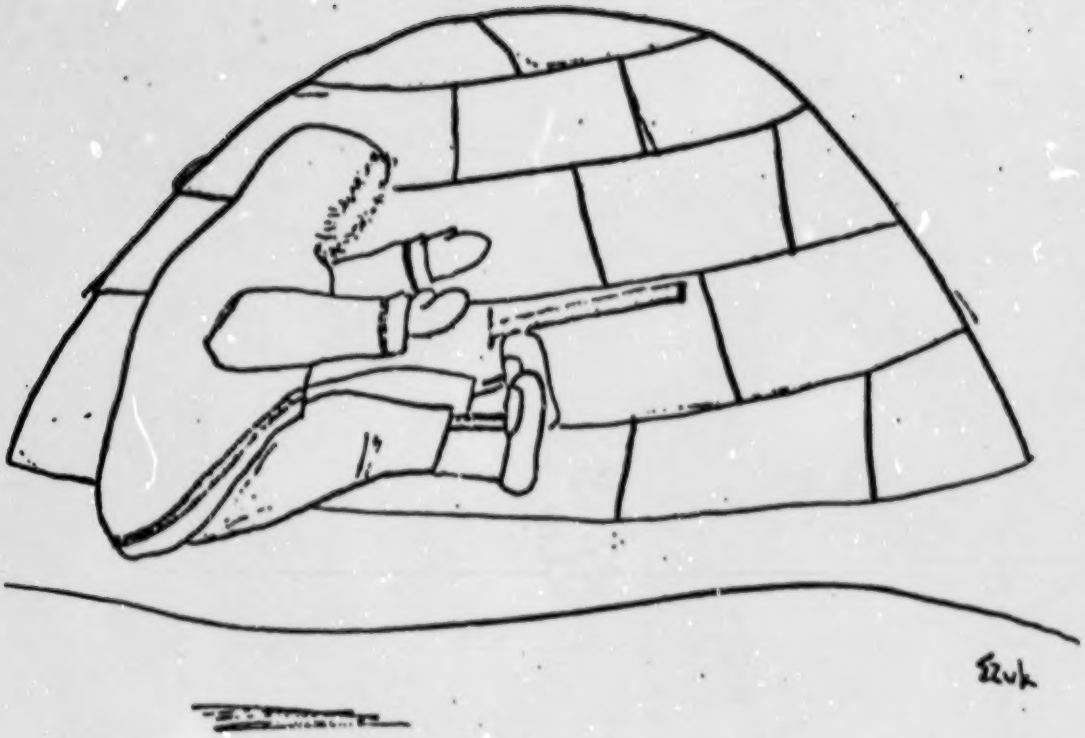


NAKARTARTUQ

Not unlike'pitch and toss'
Pebbles and a large stone are used.
Who can throw their pebble to hit or land near the large stone.

HI HI LU HUN

Using large whips,hit target placed between two opponents. The target may be a small rubber ball. Drive it over opponent's line.



HOLMAN ISLAND KICKING CONTEST

The game is played by doing a one foot, two feet or legs tied kick to touch the end of a bar protruding from the side of an igloo as illustrated. A modification of this is a long pole stuck into the snow at an angle with a leather ball suspended from the end of the stick and hanging down to a prescribed height. (1) At the recent Arctic Games the ball was suspended from a soccer goal structure(2). In the Eskimo Olympics held in Fairbanks, Alaska in 1968 the following heights were recorded:- two legs high kicking 6'6", 6'8" with one leg and 5'4" with legs tied.

(1)

(2)

NOLMAN ISLAND MUSK-OX FIGHTING

The game is played by young boys, consists of each contestant going down on all foure and putting his head under the shoulder of the person opposite.
The object is to uproot the opponent much the same as musk-ox do when locking horns.

NOLMAN ISLAND FOREHEAD TO FOREHEAD PUSHING

On all foure forehead against forehead push steadily until opponent is forced back beyond a line.

Note:- These are animal influenced activities and along with such other contests as 'Dog Team Pull' dramatise the Eskimo's dependence upon the animal for food and other services.

SMALL GROUP ACTIVITIES

1. Kipotuk (ring toss)

A. - drive 2 stakes into the ground 8" apart
- players stand 12 to 15 feet away
- each player throws a bone (humerus bone from seal) or similar object so that it will fall between the uprights

B. - drive two pegs 6 to 8" long obliquely into the ground so that they point towards each other (12 ft. apart)
- rings are 3" in diameter
- played like horseshoes (4 players)

2. Tiksaqtartut (balance game)

- players stand in a row balancing a sabgut (a long thin rod used to locate seal breathing-holes in the ice) on their forefinger
- object is to see which team can walk the farthest balancing the rod

3. Harpoon throwing

- accuracy stressed as targets are small

4. Tidluktoq (blindman game)

A. - scatter formation with "it" in centre blindfolded
- 1 player attempts to sneak up and touch "it" without being heard
- "it" points at noise to eliminate player

B. - all players yell at "it" & then become silent
- "it" must then attempt to touch one person

5. Spread - Eagle Carry (5)

- one player assumes a face - down position with arms andlegs outstretched
- four others pick him up by these appendages and attempt to carry him as far as possible
- player usually carried a few inches off the ground

6. Compass Circle Relay

- team of 8 players lines up in front of a circle
- circle marked with a N for north and 7 other dashes (for NE, E, SE, S, SW, W, NW) can use 16 directions
- place a set of cards near the circle, each bearing a direction but not arranged in order

- first player runs, takes the top card and places it in its correct position in the circle
- returns and touches next player
- first team to place all cards correctly wins

VARIATION Map Symbol Relay - match cards with map symbols and cards with examples

7. Compass Change

- one player is "it" in the centre with 8 others in a circle each standing in the position of a different direction (N, NE, etc.)
- each person takes the "name" of his position
- a prominent N indicates north
- "it" calls out "NE and S change places"
- "it" tries to occupy a spot left vacant
- person left out becomes new "it"

LARGE GROUP ACTIVITIES

In choosing teams all those born in the winter months (the axigirn or ptarmigans) formed one team and all those born in the summer months (the affirn or ducks) formed the other team. All those born during break-up and freeze-up were placed on either side to keep them equal. (If those who were born in the summer months won, it was considered that good weather would prevail.)

1. Akrawrak (football game)

- ball was a hide stuffed with hair, feathers, moss
- use a field with marks made on the snow to serve as goal line
- players of each team stand on goal line
- a ball is tossed onto the ground at centre
- both sides rush forward and attempt to drive the ball across the opposing team's goal line

2. Mukpaun (baseball - like games) A) scrub B)rounders

A. - 2 bases are placed 70 to 100 feet apart
- a batter hits a thrown ball and runs to far base and returns
- if the ball is caught by a fielder or if the fielder hits the runner, the fielder replaces the batter
- could be played as a team game - each player on the team would have a turn, (keep score), and then rotate

B. - the players are divided into 2 sides (or 4)
- one player tosses the ball into the air, the one who catches it gains first bats for his team
- 4 stones are used for bases
- batter hits a pitched ball and tries to reach the first stone without being hit by the ball
- next batter repeats the procedure; if either runner is hit by the ball he must return to the "bench!"
- all players are allowed to hit the ball once before changing teams

3. Capture the Flag

- divide a field into two halves marking a line across centre
- each team occupies its own half and erects a flag 100 - 200 yards behind the centre line
- object is to capture enemies' flag and return to your own side without being tagged
- if a player is tagged he remains in a prison 20 - 30 steps from centre until touched by a teammate
- defenders must stay 25 steps away from their flag and only enter this area once an opponent enters it
- you may wish to choose a couple of color guards to defend flag, who only enter area once opponent does - other team members are not permitted in this area
- MAXIMUN TIME - 1/2 hr.
- CAMP EXPERIENCE - widen area to include a varied terrain - 2 hr. limit

4. Nukitantujuat (tug-of-war)

HOLMAN ISLAND BLANKET TOSS

The object of the game is to bounce higher than any other contestant.
The game is full of fun and is played at festivals and celebrations.
The blanket is usually made out of large seal or walrus skins.

Lead-Up Games for Football

These games which are designed to provide maximum participation for children, provide them with an opportunity to practice many of the skills necessary in playing flag football. A class of 32 may be divided into 8 teams of 4 players each and the teams play across the width of the soccer field or playground. Boundary lines between the teams may be marked out with cones or ropes and the soccer lines can be used to indicate the goal line. Players should be numbered (1, 2, 3, 4) so that each player gets a turn regularly.

1. Yards

Team A punts the ball to team B attempting to kick the ball over the goal line. Team B players attempt to catch or touch the ball before it hits the ground. If a player catches the ball he takes 3 yards forward and then kicks the ball back to team A. If a player only touches the ball, he then kicks the ball from the point where it was touched. If team A's kick hits the ground and rolls forward, team B kicks it from the spot where the ball was stopped or touched.

Scoring (A) If the ball crosses the goal line in the air without being touched - 3 points.

EXCEPTION: If the ball is caught behind the goal line, no points are awarded. Kick back from goal line.

(B) If the ball crosses the goal line on the ground (bouncing) - 1 point

VARIATION: Allow the team to accumulate the 3 yards for each catch and use all at once when needed.

- if deep in own area
- to assist a weak kicker

All yards accumulated are lost if the opposition scores.

* All of these games are started and restarted after points are scored by a kick from the goal line. This rule may be varied as the teacher sees the need for change. *

2. Catch and Pass

This game follows the same pattern of play and scoring as described in the game of yards. However, the main difference occurs when a player catches the ball. Instead of taking 3 yards forward, he may now throw the ball forward to a teammate in the following manner. Team A kicks the ball to team B and if one player on team B feels he can catch the ball he calls "MINE". All the other players on his team run forward until he calls "STOP" when he catches the ball. He then throws the ball forward to one of his teammates who, if he catches the ball, may kick it back to team A from that point. If the forward pass is dropped, the ball must be returned to where it was first caught and kicked from there.

3. Catch and Pass to a Runner

This game follows the procedures outlined in game 2. The difference is that when a player calls "MINE" he does not call "STOP" when he catches the ball, but rather throws a forward pass to one of his teammates who is still running. Once the ball is caught the player must stop and then he may kick the ball from that point. If the pass is dropped the ball returns to where it was first caught and it is kicked from there. If necessary a time limit of 5-7 seconds may be imposed on the passer.

Catch and Pass and Defend

This game follows the same pattern as game 3. The difference is that the opposing team may attempt to knock down the passes. If they are successful then the ball must return to the point where it was caught and it is kicked from there. If the pass is intercepted, then the player who caught it may kick it from that point. If necessary a time limit of 5-7 seconds may be imposed on the passer.

5. Kick, Run Down, Touch Passer

This game follows the same pattern as game 4. The difference is that the opposing team may attempt to tag the passer (who may not move) before he throws the ball. If touched before passing, the passer must kick the ball from the spot where he was tagged.

6. Run Until Touched

Team A kicks to team B, and if the ball is caught that player may run until touched. Once touched he kicks the ball from that spot. NO BLOCKING!! If the ball is not caught, it is kicked from where it was touched.

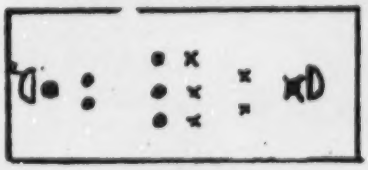
7. Add a lateral pass to game 6. NO BLOCKING!

- a player receiving a lateral pass must be behind the ball carrier.

Variation

Team A lines up at centre field and one player kicks the ball into team B's end. One player from B attempt to run with the ball over A's goal line and is awarded 6 points if successful. B may lateral the ball to a teammate. Once the runner is tagged the ball returns to centre field and B kicks the ball to A.

ICE BROOMBALL



Equipment: Skates, broom, broomball* (black) or soccer ball, and goal

Method: Scoring: 1 point per goal. The game is started with a face-off. Each team has an equal number of players, one serving as goalkeeper.

The game is played in three 10 minute periods. There is no off-side.

If play becomes bunched up, the referee may have a face-off with all other players at least 10 feet from the face-off circle.

Players guilty of rough play may be penalized by being forced to sit out of that particular period. *Broomball $2.00